

ABSTRACT

To provide a fixing method and a fixing device with each of which an image which has high gloss that is uniform irrespective of a toner mounting amount on a recording medium can be obtained at a relatively high recording medium conveying speed. A fixing method and a fixing device in which an unfixed toner image formed on a recording medium is heat-pressure-fixed by using a fixing unit, are characterized in that: the unfixed toner image is fixed when the recording medium passes through at least 2 fixing units arranged in series in a conveying direction of the recording medium; a toner for forming the unfixed toner image is a toner containing a release agent; and the following formulas (1) and (2) are satisfied when a maximum temperature on the recording medium when the recording medium passes through a first fixing unit is denoted by T_1 , a maximum temperature on the recording medium when the recording medium passes through a second fixing unit is denoted by T_2 , a minimum temperature on the recording medium during a time period commencing on ejection of the recording medium from the first fixing unit and ending on entry of the recording medium into the second fixing unit is denoted by t , a flow tester softening temperature of the toner is denoted by T_s , and a flow starting temperature of the toner is denoted by T_{fb} .

$$T_1 > T_{fb}$$

formula (1)

$$T_2 > t > T_s$$

formula (2) .